CALGARY metro®

NEWS WORTH SHARING.

become a
Legal Administrative Assistant!
Rewarding. Challenging. Opportunity.
www.startyourcareer.ca
ROBERTSON COLLEGE
(403) 920.0070

Price tag on the jail strike

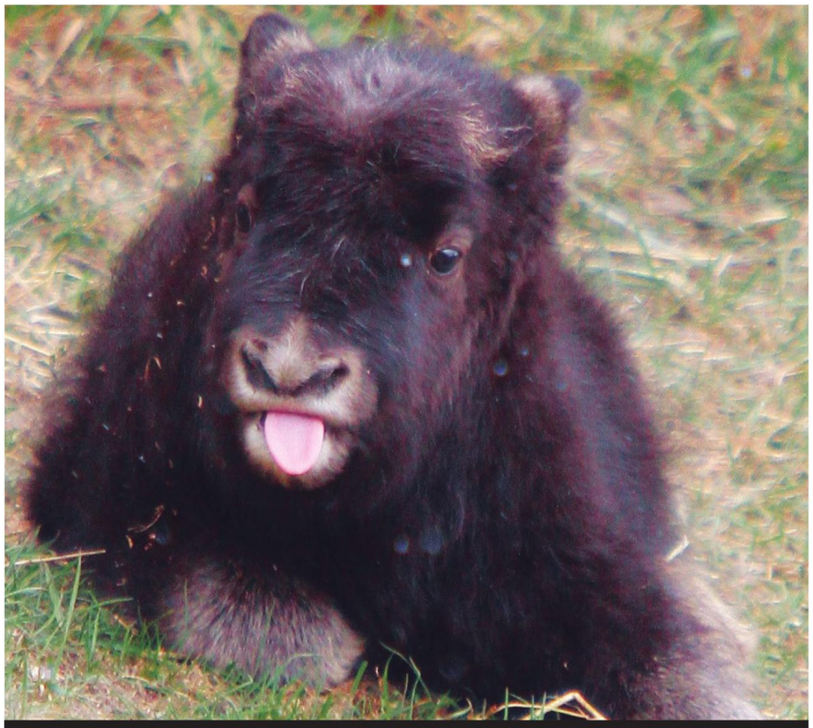
The province estimates the ongoing jail strike in Calgary, Edmonton is costing province $1M a day PAGE 3

In mourning

Calgary author Wendy Turnbull, who developed a special blend of gluten-free flour to use in baking, was struck and killed at a crosswalk on Sunday PAGE 4

SOMETHING LIKE A PHENOMENON

RAP LEGEND LL COOL J'S COLLABORATION WITH COUNTRY STAR BRAD PAISLEY TOUCHED OFF A FIRESTORM ONLINE OVER THE SINGLE'S RACE-PROBING LYRICS, BUT THE RAPPER SAYS IT'S BEEN MISUNDERSTOOD PAGE 11



HELLO WORLD

This baby muskox is the latest addition to the Canadian Wilds section of the Calgary Zoo. Born the morning of April 23 to mother Shyia and father Tlayopi, the yet-to-be-named calf brings the total number of muskox at the zoo to four. The young one has been nursing and appears healthy, according to zoo officials. ROBSON FLETCHER/METRO

'She would fill people with joy'

Tragedy. Father of young girl killed in crash pleads with drivers suffering from health conditions to stay off the road

Mihnaz Binish had only recently uttered her first words, but that didn't stop her from making friends.

During a recent stay at the Alberta Children's Hospital, the two-year-old walked up to another child without warning and gave her a big hug.

"They were friends from then on," recalled father Barat Binish on Monday.

"She was very beautiful — she had a big heart. She would fill people with joy, that's the best thing I can say."

Mihnaz was being pushed in a stroller by her mother Raziya Ahmadi last Thursday at the intersection of Shawville Boulevard and Shawville Gate S.W. when she was struck by an out-of-control sedan.

Two-year-old Mihnaz Binish, seen in this undated photo. CONTRIBUTED/BARAT BINISH

Witnesses of the horrific crash rushed to aid the toddler and her mom, but Mihnaz died in hospital a day later. Police said Tuesday it's believed the 70-year-old driver of the vehicle was suffering from a medical issue at the time. Barat said police have informed him the man had a heart attack.

Barat was at work when the phone call came that would forever change his life.

"I didn't believe them at first," Barat said. "I kept telling them they were mistaken, asked them to spell out her name.... She never opened her eyes. She never saw me again."

Ahmadi was taken to hospital for precautionary reasons and has since been released, Barat said.

Police Sgt. Ken Rutherford said the sedan driver remains in hospital.

"His condition, to my understanding, is improving but we have not been able to speak with him," Rutherford said.

Barat said elderly people suffering from health conditions need to consider forms of transportation other than driving.

"This is what can happen," he said. "I never imagined I would lose my daughter. She was such a beautiful girl."

A funeral is planned for 11:30 a.m. Thursday at a chapel owned by Pierson's Funeral Service, located at 4121 17th Avenue S.E. JEREMY NOLAIS/METRO

Come for the birdies.
Live in a golf community
Chaparral Valley
$400s
VISIT OUR SALES CENTRE

CARDEL HOMES
Built for real life.
CARDELHOMES.COM

CMP GM CHEVROLET Cadillac BUICK GMC

CMP AUTOMOTIVE — 1313 36ST NE, CALGARY

wish& WIN

TODAY IS YOUR LAST DAY TO WIN FREE PAYMENTS!

WIN NOW AT WISHANDWINEVENT.COM

2013 CHEVROLET **TRAX**

1.4L 4 CYL 6-SPEED AUTO TURBOCHARGED, REMOTE KEYLESS ENTRY, PWR WINDOWS, ONSTAR, BLUETOOTH, STABILITRAK CTRL SYSTEM

COMES WITH $500 GAS CARD*

MSRP: ~~$21,595~~

SALE: $20,995 ★★★

$62 /WEEK[1]

WE HAVE OVER 15 TRAXES IN STOCK!* – SEE PICTURES OF THIS VEHICLE ONLINE AT CMPAUTO.COM

2013 CHEVROLET **EQUINOX LS**

2.4L 6-SPEED AUTO, A/C, BLUETOOTH, ONSTAR, ALUMINIUM WHEELS, STEERING WHEEL AUDIO CTRLS

0% FINANCING!

COMES WITH $500 GAS CARD*

MSRP: ~~$28,635~~

SALE: $26,995 ★★★

$75 /WEEK[2]

WE HAVE OVER 70 EQUINOXES IN STOCK!* SHOP NOW AT CMPAUTO.COM

2013 CHEVROLET **SILVERADO 1500 EXT CAB**

4.3L V6 4-SPEED AUTO W/ OVERDRIVE, A/C, ONSTAR, REAR LOCKING DIFFERENTIAL, BLUETOOTH, CRUISE CTRL, MP3 COMPATIBLE CD PLAYER

~~MSRP: $32,540~~

OVER $11,000 IN SAVINGS!!!

SALE: $21,499 ★★★

$63 /WEEK[1]

WE HAVE OVER 100 SILVERADOS IN STOCK!* – VISIT CMPAUTO.COM TO VIEW OUR ENTIRE INVENTORY!

CMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COM

SPRING SERVICE SPECIALS

✓ CALL TO BOOK! 403-930-1543

SPRING CLEANING $105.00 ALIGNMENT CHECK $49.95
WINTER TIRE SWAP $29.95 MOUNT&BALANCE SUMMERS $89.98

Goodwrench Service
EXPERT SERVICE AT COMPETITIVE PRICES.
Chevrolet Buick GMC Cadillac

CMP GM CHEVROLET Cadillac BUICK GMC

CANADA'S BEST MANAGED COMPANIES

AMVIC LICENSED

403-930-1634
CMPAUTO.COM
1313 36 St. NE, Calgary, AB, T2A 6P9

REBUILD YOUR CREDIT

BANKRUPTCY I DIVORCE I NO CREDIT
NEW CREDIT I NEW TO CANADA
100% APPROVAL RATING
403.569.5416
CALGARYAUTOFINANCING.COM

CHEVROLET BUICK GMC Cadillac CMP GM

*WISH&WIN: SEE WISHANDWINEVENT.COM FOR DETAILS. GAS CARDS: AVAILABLE UPON VEHICLE PURCHASE. SALE AND PROMOTIONS ENDS APRIL 30TH, 2013. SEE DEALER FOR FULL DETAILS. SALE PRICES AVAILABLE WITH CASH PURCHASE ONLY.
1. PAYMENTS O.A.C. 4.99% FOR 96 MTH. 2. 0% FOR 84 MTH. TAXES (GST, $20 TIRE) AND FEES ($499 ADMINISTRATION, $249.95 WHEELS LOCKS AND NITROGEN & $6.25 AMVIC) NOT INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN.

Under investigation

Inmate assaulted at remand centre amid strike

As the guards typically tasked with keeping order inside the Calgary Remand Centre picketed out front Sunday evening, an inmate was assaulted and rushed to hospital with serious injuries.

But Calgary police, who were investigating the incident Monday, said it's far too early to determine whether the strike and subsequent replacement of prison staff with RCMP members were factors.

"The victim's condition has been updated to stable.... We are currently investigating," said police Const. Tat Ng.

Inmates leaving the centre told Metro Sunday that conditions inside the jail had actually improved after regular staff walked off the job late Friday.

Elsewhere, Calgary police and a private firm were overseeing security at the Calgary Courts Centre, and on-duty officers were filling in for striking Alberta sheriffs typically tasked with transporting prisoners.

Calgary police spokesperson Kevin Brookwell said arrangements had been made to use closed-circuit television systems for some people scheduled to appear before a judge Monday morning.

"It's almost business as usual," he added. "This has been a good collaboration so far.... If it's prolonged, we do have the ability to bring in additional resources."

Over the weekend, police did "beef up manpower" and some delays were reported with arrest processing.

JEREMY NOLAIS/METRO

Two men participating in the strike outside the Calgary Courts Centre are seen Monday morning. Local staff members — including correction workers, court clerks and sheriffs — have been instructed not to talk with reporters. JEREMY NOLAIS/METRO

Court, prison-staff strike shows no signs of letting up

Standoff. Lawyers report issues with trials and accessing clients as job action gains steam

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Sheriffs, social workers and court clerks joined prison workers by the dozens in an illegal wildcat strike Monday. The province estimated its ongoing standoff with union representatives is costing more than $1 million per day.

Monday marked the third full day of Calgary job action in unison with Edmonton peers, who union representatives claim first walked off the job after two staff members at a new remand centre raised safety concerns and were promptly suspended.

But Deputy Premier Thomas Lukaszuk said he believes the sticking point was the employees not liking their boss.

"It's causing Albertans a great deal of grief," he said of the strike.

In Calgary, a picket line formed in front of the downtown courts centre and participation numbers swelled as the day went on and weather deteriorated. At first, the crowd was primarily made up of courthouse security guards and probation officers, but many clerks joined in later in a show of solidarity.

Defence lawyer Shamsher Kothari said while police officers replacing security officers inside the centre made little difference in routine operations, the absence of clerks could pose "significant hardships on the system" should the strike drag on.

"They have a specific skill set that's not really transferrable," said Kothari, a former clerk himself.

Lukaszuk reiterated that the province will not work to address concerns outlined by Edmonton prison staff over the weekend until the strike is over.

But Carrie-Lynn Rusznak, a vice-president with the Alberta Union of Provincial Employees, said she expected the job action to continue gaining momentum with the addition of striking court clerks, social workers and other staff in related fields.

WITH FILES FROM ANNALISE KLINGBEIL

Striking numbers

- It was not clear exactly how many people joined Calgary's wildcat strike on Monday, but at least 80 people had gathered in front of the downtown court centre by mid-morning.
- Another contingent of nearly 200 strikers was being maintained at three locations along 85th Street N.W., where the Calgary Remand Centre, Calgary Correctional Centre and Calgary Young Offender Centre are located, a union representative said.

U.S. Pat. No. 7,007,507 • © 2013 Pandora Jewelry, LLC • All rights reserved • PANDORA.NET

Mother's Day Bracelet Gift Set
Available Starting April 15

Purchase the PANDORA Mother's Day gift set for $230, featuring one sterling silver bracelet, two "Beveled" clips, one "Mom" charm, and a charm of your choice valued up to $40 with a travel jewelry case (a retail value of $290).*

*Before taxes. Good while supplies last. See our store for details.

BOW VALLEY JEWELLERS

Downtown • Bow Valley Square • 122, 205–5 Ave S.W.
Calgary, Ab • 403.234.0888

Calgary author struck and killed

Overhead signs. Crosswalk equipped with 'high visibility signage' and lights that appeared to be activated, according to investigation

ROBSON FLETCHER
robson.fletcher@metronews.ca

Wendy Turnbull's family is in mourning and police are investigating after the 65-year-old author was struck and killed at a crosswalk in southwest Calgary on Sunday night.

"This is obviously a pretty senseless tragedy and we're all very upset at this point," said Wendy's daughter Shauna, when reached Monday afternoon.

"At this point we're just going to let the Calgary Police Service do their work."

Shauna said the family didn't want to speak further publicly at this time.

The fatal collision happened just before 10 p.m. Sunday at the intersection of 90 Avenue and 19 Street S.W., according to police.

Sgt. Ken Rutherford said a 29-year-old woman was driving an orange Hyundai Accent in the left, eastbound lane on 90 Avenue, and the vehicle struck Turnbull as she was headed south on foot through the crosswalk, which has overhead signs and lights.

"She suffered fatal injuries and was pronounced dead on the scene," Rutherford said.

"She was in the left, eastbound lane and was about halfway across at the time."

Wendy, a former nurse and avid baker, published her first book, Gems of Gluten-Free Baking, in 2010.

"She was an extremely conscientious author and was always pleasant and honest in her communications with us," said Jeffrey Bryan of Whitecap Books.

"As a lifelong celiac she was incredibly passionate about gluten-free baking."

WITH FILES FROM JEREMY NOLAIS

No charges

Police detained the 29-year-old driver at the scene but later released her without charges.

- Police are continuing to investigate, and speed and alcohol are being explored as possible factors in the fatal collision.

Wendy Turnbull, a lifelong celiac, developed a specialized blend of gluten-free flour to use in baking, according to the publisher of her 2010 book, Gems of Gluten-Free Baking. COURTESY OF WHITECAP BOOKS

Thousands of people checked out the Sunnyside homes transformed by artists for Wreck City. CAITLIND BROWN/CONTRIBUTED

Wreck City creations attract over 10,000 visitors in 8 days

Organizers have deemed Wreck City a success after the weird, wacky and wonderful offerings attracted thousands of visitors over an eight-day period.

More than 100 artists transformed nine houses slated for demolition in Sunnyside, creating everything from a slide and swing inside one home, to an underwater world in the basement of another home, and everything in between.

One of the project's curators, Caitlind Brown, said the support from the Calgary community during the April 19 to 27 run was more than they had anticipated.

"We kept count and we just passed the 10,000-person mark," she said.

Brown said about 2,000 people attended opening night, and another 3,000 passed through on the final day.

"It was a success before we even opened because everyone felt proud of their work and happy to have been part of this super-tight community," she said.

"I thought that we would maybe get 600 or 700 people per day.… We definitely surpassed what we thought we would do."

Aside from some of the bigger projects where items were brought in, Brown said, most of the creations will be destroyed, along with the houses, sometime in May.

However, she said they hope Wreck City will inspire others to continue creating art in unique spaces.

"It's certainly not the first project that's happened in a strange space scheduled for demolition, and I know it won't be the last."

KATIE TURNER/METRO

Donate and make a difference.

Donations benefit: Cerebral Palsy Association in Alberta

Donate at: ValueVillage

5720 Silver Springs Blvd NW

Chef Trisha Seitz from Inglewood's Fine Diner shows off the southwest burger, created specifically for YYC Burger Week. KATIE TURNER/METRO

Battle for burger supremacy

Burger Week contest. Calgarians can have their say on the best burger from May 3-10

KATIE TURNER
katie.turner@metronews.ca

It's a competition that will take guts of steel to accurately judge, but the organizers of YYC Burger Week are hoping that Calgarians are up to the challenge.

From May 3 to 10, 16 restaurants around the city will be creating unique burgers for local food lovers to judge, with $1 from every burger going toward a local charity.

Organizer Sabahat Naureen said she was inspired to create YYC Burger Week when she saw other North American cities, such as Montreal, hosting something similar.

"I saw that Toronto had their own version and New York (City) had it too, and I thought Calgary has these great restaurants.... It would be great if Calgary had one too," she said.

As a burger lover herself, Naureen said she feels the burger is a very approachable food, adding that she hopes to see everyone in Calgary getting involved.

"I don't know anyone who's not a fan of burgers," she said.

"It's a great way to, not just try some burgers out, but I hope that they also learn about some of the partner charities."

More info

For a full list of the participating restaurants and benefiting charities, visit yycburgerweek.com, or for more information, follow @YYCBurgerWeek on Twitter.

Shrink your mortgage.

Act now!

Join thousands of Canadians who are saving thousands on their mortgages.

The 5-year fixed low-rate mortgage, only from BMO®.
With an amortization of 25 years or less, you'll pay off your mortgage sooner.

Visit a branch today, or have one of our mobile Mortgage Specialists come to you.

bmo.com/lowratemortgage

/BMOcommunity @BMO

BMO Bank of Montreal
Making money make sense®

Applications are subject to meeting Bank of Montreal's usual credit criteria. Some conditions may apply. ®Registered trade-marks of Bank of Montreal.

Beat-up buses spark discord

Union representatives say non-priority malfunctions aboard Calgary Transit buses are fuelling frustration among drivers and passengers alike.

Concerns about Calgary Transit's apparent unwillingness to "change off" buses with jammed back exit doors, busted seat springs and other wear-and-tear items have been raised two months in a row in the Amalgamated Transit Union's Local 583 newsletter.

Grating enough

"There's already lots of stress on the job.... We believe all driver requests should be honoured."

Doug Johannes, president of the Amalgamated Transit Union Local 583

But Calgary Transit said it follows appropriate guidelines for determining when a bus needs to be immediately removed from the road, and those in need of minor repairs are generally serviced immediately after a shift is complete or during non-peak periods.

"We are not going to inconvenience a busload of people for something that is not a safety hazard," said spokesperson Ron Collins.

Calgary Transit typically takes 500 of its 1,100 buses out of service temporarily for maintenance each month, according to fleet manager Russell Davies. JEREMY NOLAIS/METRO

Interim CEO set

Tourism Calgary CEO leaves job

Tourism Calgary announced Monday that current CEO Randy Williams is stepping down and will be replaced in the interim by former Minister of Alberta Tourism Cindy Ady.

A search committee has been formed and will look to find a permanent candidate for the CEO position by the fall. METRO

Two slain. Teen duped into false confession, he says

A 17-year-old who told undercover officers that he killed two people east of Edmonton now says he lied to them.

The youth is charged with second-degree murder in the deaths of Barry Boenke and Susan Trudel at a rural property in June 2009.

He cannot be identified due to his age.

The youth testified Monday that he told the men he killed the couple to impress the officers, who were pretending to be crime bosses ready to recruit him into their gang.

He also told his defence lawyer that he's been betrayed by men all his life and he had been sexually abused by one.

He said when he found out he had been duped, it affected the way he acted and was treated while in custody.

THE CANADIAN PRESS

From omnibus to 'minibus'

Finance Minister Jim Flaherty tabled a trimmed-down budget bill Monday that he promised would face the proper parliamentary scrutiny. But the official opposition says the legislation still needs to be chopped up. Here are five things you need to know about the changes.

THE CANADIAN PRESS

1 Tories under fire

The Conservatives faced intense criticism over their so-called "omnibus" budget bill last year, which was stuffed with a laundry list of policy measures. The NDP and the Liberals introduced more than 1,000 amendments to register dismay with both the process and the content.

2 Shedding about three-quarters

Flaherty did not acknowledge a link between the criticism last year and the shorter bill this year. This year's legislation comes in at 125 pages, compared with 452 last year.

"So we'll have a minibus instead of an omnibus?" Flaherty joked to reporters after question period Monday.

3 Keeping Canadian jobs for Canadians

After weeks of public outcry over the scarcity of Canadian jobs, changes to the Temporary Foreign Workers program increased the lengths to which employers must go to find Canadian staff before they're allowed to bring in foreign labour.

Employers will no longer have flexibility to set the wages for foreign labour, calling a halt to what was known as the 15 per cent rule, Immigration Minister Jason Kenney told a news conference.

That rule allowed businesses to pay foreign workers up to 15 per cent below median wages, if that's what they were paying Canadians.

The Conservatives are also calling a temporary halt to a program that fast-tracked the ability of some companies to bring in workers from outside Canada through what's known as an accelerated labour market opinion.

4 Trimming down the bureaucracy

Flaherty is also warning of more job cuts in the federal public service.

"We have a lot of duplication of government services. And, as you know, we have a plan which has been set out in the last two budgets to reduce the size of our own spending by something less than five per cent," said Flaherty.

5 Hold the cuts: Budget officer

At the same time, the parliamentary budget officer's latest report is warning that the government's cuts will act as a drag on both job creation and economic growth.

The report predicted the government will announce an even bigger surplus — $3.7 billion rather than $800 million — in the critical 2015-16 year when the Harper government is to face the electorate in a fall vote.

Become a Health Care Aide in less than 5 months!

A great school for a rewarding career!

"I had a great learning experience at ABES. Experienced staff provided me with broad knowledge and developed my confidence and skills in giving good quality patient care. ABES has been very supportive throughout my schooling. After I got my certificate, I was employed right away in a prestigious care centre. I thank ABES for helping me meet my goal. ABES is simply the best."

- ABES HCA Graduate

- 11 Certificate Program Including:
- Government of Alberta Health Care Aide
- St. Johns Ambulance (First Aid, CPR, Automated External Defibrillator)
- Supportive Pathways, Foot Care, Diabetes, Medication Administration, Food Safe, WHIMIS, Palliative Care
- 3 Clinical Placements (Hospital placements available)
- NEW REDUCED TUITION FEES IN EFFECT

Call Now 403-232-8758 Abes www.abes.ca

Gas blast rocks Prague

A paramedic helps an injured woman after an explosion in downtown Prague, Czech Republic, on Monday. A powerful blast believed to be a gas explosion ripped open an office building in the city centre, injuring at least 35 people and sending shock waves through the Old Town tourist district. PETR DAVID JOSEK/THE ASSOCIATED PRESS

Bangladesh factory

Loblaw to compensate victims, families

The only Canadian retailer to publicly acknowledge it used a manufacturer in a poorly made Bangladeshi building that collapsed and killed hundreds last week said Monday it will pay compensation for the families of victims.

Loblaw Inc. — which had some products for its Joe Fresh clothing line made in one of the garment factories in the building — said it aimed to ensure victims and their families "receive benefits now and in the future."

THE CANADIAN PRESS

Dismemberment case

Luka Magnotta to stand trial in fall 2014

The trial of accused killer Luka Rocco Magnotta will begin in September 2014, more than two years after his arrest in the death of university student Jun Lin.

THE CANADIAN PRESS

IT'S TIME TO SHOW YOUR TRUE COLOURS

HOCKEY NIGHT in Canada
60TH SEASON

STANLEY CUP PLAYOFFS
NHL
2013

STANLEY CUP® PLAYOFFS BEGIN

TONIGHT

SCOTIABANK HOCKEY TONIGHT 5:30 PM
LOS ANGELES vs ST. LOUIS 6 PM
MINNESOTA vs CHICAGO 6 PM*

TOMORROW

SCOTIABANK HOCKEY TONIGHT 4:30 PM
TORONTO vs BOSTON 5 PM

THURSDAY

SCOTIABANK HOCKEY TONIGHT 4:30 PM
OTTAWA vs MONTREAL 5 PM
LOS ANGELES vs ST. LOUIS 7:30 PM

*All games available for online streaming.
For the complete broadcast schedule and more, visit cbcsports.ca

NHL
© NHL

@hockeynight #hockeynight #stanleycup

CBC

Market Minute

DOLLAR 98.85¢ (+0.51¢)

TSX 12,312.67 (+92.47)

OIL $94.50 US (+$1.50)

GOLD $1,467.40 US (+$13.80)

Natural gas: $4.38 US (+23¢)
Dow Jones: 14,818.75 (+106.20)

CBC exec is Twitter-bound

#careermove. Kirstine Stewart to be Canadian managing director of microblogging service

Kirstine Stewart THE CANADIAN PRESS FILE

CBC executive Kirstine Stewart is leaving the public broadcaster for Twitter Canada.

The CBC says the English services boss has accepted a position with the San Francisco-based social media company and is leaving CBC/Radio-Canada immediately.

And in a tweet on Monday, Twitter's recently established Canadian division said Stewart will be its new managing director of Canada.

Stewart has been at the public broadcaster for seven years.

The CBC says a recruitment process to find a replacement for the role of executive vice-president of English services will be launched immediately.

Stewart says she's had some of the happiest moments of her life at the CBC and has been "honoured to represent such an important name to Canadians."

CBC/Radio-Canada president and CEO Hubert T. Lacroix praised Stewart for helping establish the CBC as a "modern public broadcaster" and putting it "in a place of strength."

THE CANADIAN PRESS

Now hiring

- Twitter Canada is also looking to hire an account executive and an account manager. For details, check out twitter.com/jobs/positions.

GOD'S PROMISE
For you are all children of God through faith in Christ Jesus.
(Galatians 3:26)
@HISPROMISES4ME

Abuzz about EU bee protections

Protesters dressed as bees gather in Parliament Square on April 26 in London, England. On Monday, the European Union announced plans to restrict the use of three pesticides to better protect dwindling bee populations. The move was cheered by environmentalists, questioned by chemical companies and came after the bloc's 27 nations failed to agree on a common stand. EU Consumer Commissioner Tonio Borg said his agency will override the deadlock and move "in the coming weeks" to restrict three neonicotinoid pesticides on plants and cereals that attract bees. Beekeepers have reported an unusual decline in bees over the past decade, particularly in Western Europe, according to the European Food Safety Authority. It says bees are critically important to the environment, sustaining biodiversity by providing pollination for a wide range of crops and wild plants, including most of the food crops in Europe. DAN KITWOOD/GETTY IMAGES

ABM COLLEGE

GET JOB READY FAST! Enroll Now.

Health Care Aide

Become a **Health Care Aide** in **5 Months**

- We offer **Alberta Government** approved programs, that lead to a rewarding career
- Flexible class schedules: Mornings, Afternoons, Evenings and Weekends
- Funding and employment services available

403.719.4300
3516 26 Street NE, Calgary AB
(Opp. Greenwood Inn)

your **FUTURE** starts here...
info@abmcollege.com
www.abmcollege.com

Health Care Aide • Medical Office Assistant • Massage Therapy
Business Administration • Accounting & Payroll • First Aid & CPR

digitalschool.ca

ONLINE PROGRAMS AVAILABLE

THEY CAN'T BUILD IT UNTIL YOU DESIGN IT

WHAT WILL YOU DESIGN
AS A COMPUTER AIDED DRAFTER GRADUATE?

NOW ACCEPTING
APPLICATIONS FOR SPRING TERM
Call 1-877-414-0200

DIGITAL School
computer aided design training

#304, 10205-101 STREET, EDMONTON

THERE'S A REAL ADVANTAGE TO
CHOOSING ROGERS.

FREE PLAN CHANGES
Adjust your smartphone plan at any time, as often as you need, for free.[1]

UPGRADE ANYTIME
Get the latest smartphone, anytime, when you pay off your remaining balance.[2]

ROGERS TECHXPERT™
Get access to your own personal support expert whenever you need technical help. Available 24/7 online or by phone.[3]

DEVICE PROTECTION
Solutions if your device malfunctions or is lost, stolen or damaged. Available with Anti-Theft and Anti-Virus.[4]

NEW

PRICE MATCH
Upgrading? Find the same nationally advertised smartphone on the same term and Rogers will match the price. Exclusively for Rogers customers.[5]

GET IT ON CANADA'S FASTEST WIRELESS INTERNET – ROGERS LTE* beyond 4G

CALL 1 888 ROGERS1 | CLICK rogers.com/freedomadvantage | VISIT your local Rogers retail store

ROGERS™

Offer available for a limited time and subject to change without notice. *Based on tests comparing download speeds on the Rogers LTE network vs. Bell and Telus' LTE networks within Rogers LTE coverage area. LTE device, LTE SIM and plan required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Rogers LTE network available in select Canadian cities. Visit rogers.com/LTE for coverage. **1** If customer purchased a discounted device based on satisfying plan eligibility criteria, customer must switch to a plan that maintains such eligibility to switch at no charge. **2** FLEXtab customers must pay remaining FLEXtab balance corresponding to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. For non-FLEXtab customers, please call or visit your Rogers store for your applicable remaining balance. A $35 Hardware Upgrade Administration Fee will also apply. **3** Monthly $7.99 fee applies (unless included in selected DP plan). Services only provided for the wireless device attributable to telephone number for which it was subscribed. Some exclusions apply (e.g. hardware/software training; product repair/replacement etc.); visit rogers.com/terms for details. **4** Lost/stolen coverage not available in NL, SK & PQ. Anti-theft/anti-virus tools on select devices only. Monthly service fee applies (varies based on device/plan selected). Service replacement fee (varies based on device) applies for claims. Other conditions apply. Visit rogers.com/protection or see brochure in store for details. Visit rogers.com/phonefinder for phone finder details. **5** Offer only available at participating Rogers branded locations to existing Rogers wireless customers (excluding corporate) with hardware upgrade on a 2 or 3-yr. Rogers plan (new activations and existing customers wishing to add a line excluded). Customer must satisfy hardware upgrade eligibility requirements (e.g. active customer in good standing for min. 1 month prior to upgrade). Price match only applies to competitor's nationally advertised pricing for the same device (including same colour) on the same term. Match applies to device price only. Any applicable plan restrictions to be eligible for Rogers device price must be met. If eligible, customer will be charged the matched price at point of sale wherever possible (upon eligibility verification by Rogers systems). Alternatively, if immediate verification not possible, price difference between Rogers and nationally advertised competitor applied as: (a) a one-time bill credit applied to customer's 2nd or 3rd invoice; and/or (b) mail-in hardware upgrade rebate. For full details, visit Rogers.com/freedomadvantage. ©2013 Rogers Communications.

VOCAL FRYING WITH THE KARDASHIANS

SHE SAYS

Jessica Napier
metronews.ca

Aside from news anchors and a few choice loud talkers on public transit (you know who you are), it seems that most people hate the sound of their own voice.

A common complaint among self-conscious talkers is that the voice inside your head sounds a lot less nasally and annoying than the one other people are hearing in "real life."

You may never really know if your sensual, breathy voice actually sounds like a raspy smoker's growl, but that doesn't mean it's not relevant. Like it or not, other people have a habit of making assumptions about attractiveness, intelligence, competency and a variety of other factors based on the sound of your voice.

Researchers at University College London recently conducted a study on human vocal attractiveness in which participants were asked to assess the physical appearance of an unseen speaker based on their speech patterns.

Perhaps unsurprisingly, the study proved to uphold some primitive assumptions about heterosexual gender norms. Male participants found high-pitched female voices indicating a smaller body type to be more desirable; the women preferred deep, low-pitched male voices signalling a larger and more physically dominant body type.

But while men might instinctively favour female partners with high-pitched voices, many young women have been dipping down the vocal register in recent years and adopting a quirky linguistic trend called vocal fry.

Almost a counterpoint to Valley Girl up talk, vocal fry is caused by slowly fluttering the vocal cords together to create a low gravelly sound.

This so-called "creaky voice" has been popularized by young female celebrities such as Zooey Deschanel and Britney Spears and can be heard among gaggles of teenage girls in Forever 21 fitting rooms across the country.

The Kardashian sisters are especially well known for employing vocal fry to croak out long, drawn-out words at the ends of their sentences.

Some find this vocal trend grating to the ear, but others argue that women can benefit professionally by purposefully lowering their voices to equalize themselves among male colleagues. New York Times executive editor Jill Abramson is renowned for her guttural vibrato, and perhaps her low-pitched rattling voice has helped her become the first female to head the paper in its 160-year history.

When it comes to professional success, the sound of your voice actually matters a lot more than you'd like to think. While studying speeches given by more than 100 business executives, researchers found that the speakers' voice quality accounted for 23 per cent of listeners' evaluations while the actual content of the speech only accounted for 11 per cent.

So next time you open your mouth, remember that it's not necessarily what you say that matters most but how you say it.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

When being a crybaby pays off

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

No babies were harmed in the making of this contest

It's a sound that fills most parents with dread, but at the annual Naki Sumo — crying-baby contest — in Japan, wailing and screeching is encouraged.

Eager mothers bring the children to the event, where sumo wrestlers and high priests coax babies into a state of distress. No physical pain is inflicted on the babies; the sumo wrestlers instead growl and scowl in order to get a wail.

The 400-year-old event, which marks the high point of spring, is held each year at the Sensoji Temple in Tokyo.

If both babies cry, the loudest wail wins.
SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Keeping bad spirits at bay

Participating parents believe the sumo-induced cries are beneficial. The babies are held high, so that their cries are closer to heaven and their mothers pray for their good health. The ritual is also believed to ward off evil spirits.

EXPRESS.CO.UK

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With live storytelling nights popping up in droves, raconteurs are getting more chances to share their tales face-to-face. But, for those who'd rather get their stories from the comfort of their duvet, here's a list of good listening you can do without getting out of bed.

Themoth.org:

Arguably one of the longest-running story telling events, The Moth has been hosting "story slams" since 1997. Though it started it N.Y.C., it's branched out to cities across North America. But for those who a) don't live in a major urban centre or b) just like to tune in wearing PJs, the podcast gives you the best of both worlds. @TheMoth

Raconteurs.ca:

Originally launching as a Moth event, Toronto-based Raconteurs set out on their own in early 2012. The monthly night of real-life stories has just one stipulation for its performers: no notes. Tune in by visiting their YouTube channel at youtube.com/raconteurstoronto.

StoryCorps.org

One of the biggest oral-history projects in the U.S., StoryCorps records conversations between family and friends to "honour lives through listening." Tune in using their iPhone app or straight from the site. @StoryCorps

Comments

RE: Prof wants to test benefits of nose-picking, published April 24

I think more people do it than we think. And I find it funny that those who don't pick their nose find it so revolting when really it isn't.
Katie, posted to metronews.ca

I'll volunteer my kids. They both do it anyway ...
James Ellis, posted to metronews.ca

Well, I'm not sure about nose picking, but I've been biting my fingernails for my whole life, and I have thought about the same thing. Maybe small bits of germs help keep me healthy over time! I almost never get sick ... But I chew on my nails more than is socially acceptable ...
George Denton, posted to metronews.ca

I hope this professor hasn't applied for and obtained a government grant to do such a study. **NO_MAS_BS, posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Calgary** Darren Krause • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Blaine Schlechter • **Distribution Manager** David Mak • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO CALGARY** Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • **Telephone:** 403-444-0136 • **Fax:** 403-539-4940 • **Advertising:** 403-444-0136 • adinfocalgary@metronews.ca • **Distribution:** calgary_distribution@metronews.ca • **News tips:** calgary@metronews.ca • **Letters to the Editor:** calgaryletters@metronews.ca

DVD reviews

Silver Linings Playbook

Director. David O. Russell

Stars. Bradley Cooper, Jennifer Lawrence, Robert De Niro

●●●●●

David O. Russell's drama of mental health and family discontent steadily becomes a grinner about a dance contest with an outcome worth caring about. Blessed with both Oscar and TIFF wins, it's the best comedy of the past year. It revolves around Pat Solitano (Bradley Cooper), a Philadelphia teacher with anger management issues. He's a regular ray o' sunshine, as long as you don't rile him. He's working on winning back his wife, who left him and now has a restraining order against him. But this strange girl, Tiffany (Oscar-winner Jennifer Lawrence) won't leave him alone. She has mood swings, too, and so does Pat Sr. (Robert De Niro), especially when his beloved Philadelphia Eagles fail on the gridiron. Good thing his devoted wife (Jackie Weaver) keeps him in snacks. Russell has his work cut out for him making sense of this crew, let alone winning our sympathies. But he pulls it off, even if the ending is a little untidy.

Authentic LL Cool J

New album. On the heels of Accidental Racist, veteran rapper talks charts, controversy and always trying to prove himself

LL Cool J says Accidental Racist, his collaboration with Brad Paisley, was misunderstood. GETTY IMAGES

Rap legend LL Cool J is about to release his first album in five years, but he's been in the news lately for an entirely different reason: his controversial Accidental Racist collaboration with white-hatted country star Brad Paisley.

The quirky single was posited as a conversation between Paisley, representing white Southerners, and LL, with Paisley trying to explain the supposedly innocuous intention behind his Confederate flag-branded T-shirt while his New-York-reared counterpart simultaneously tries to understand while also explaining how the symbol makes him feel.

Well-meaning though it was, the song and its race-probing lyrics, including LL's couplet "If you don't judge my do-rag/I won't judge your red flag," touched off a firestorm online — USA Today mused on whether the tune was an "epic fail" while a piece in the Atlantic was headlined Accidental Racist is Actually Just Racist.

Certainly, LL himself noticed the passionate reaction.

"That's the first song that I've ever done that (brought), like, CNN headlines!" the 45-year-old rapper told The Canadian Press in a telephone interview over the weekend with a hearty laugh.

The album features collaborations with artists across all genres — you've got Eddie Van Halen, Bootsy Collins, Seal, Chuck D of Public Enemy, Tom Morello, Travis Barker, Snoop Dogg, Monica and Brad Paisley, among others. What guided those decisions?

I didn't want any boundaries. I wanted to make a limitless record. Working and hosting the Grammys and being around so many types of great musicians, it really just made me realize how I love all types of music. I wanted to make an album that didn't pigeonhole me in one specific area. I didn't want to make an album that was only for a certain type of people or a certain type of stereotype. I wanted to make an album that music fans would love.

Your song with Brad Paisley, Accidental Racist, prompted some really strong reaction, much of it negative. Did you pay attention to it, and what did you make of the response?

Yeah, I paid attention to it. I thought, obviously at the extreme ends of the spectrum, people totally missed the point and just drew the wrong conclusion. I think people in the centre got it and it created a conversation, and caused people to think about that issue. And I think that's a healthy thing for America. I think that it shook up some bruised blood and got people to have a conversation. ... So I have to say man, I think we did our job as artists. It's like the '60s, man. When people made songs, they had to matter. ... I can't guarantee all songs are going to have that kind of whirlwind effect, but it's nice to do something that matters. I'm grateful.

THE CANADIAN PRESS

SCENE2

Mother THE SOLO DEBUT FROM

NATALIE MAINES

LEAD SINGER OF THE GRAMMY® AWARD WINNING DIXIE CHICKS

- PRODUCED BY - NATALIE MAINES & BEN HARPER

- FEATURING - "WITHOUT YOU", "FREE LIFE" & "LOVER YOU SHOULD'VE COME OVER"

Listen to Natalie Maines' entire new album, "Mother," on CBCMusic.ca

CBC music

$10,000 CASH BACK ON DELIVERY

WITH YOUR NEW VEHICLE PURCHASE*

NEW CAR SELECTION

NO PAYMENTS FOR 6 MO O DOWN!

FREE FUEL FOR 6 MO

FREE MAINTENANCE FOR 6 MO

DRIVE FOR FREE FOR 6 MONTHS + $10,000 CASH ON DELIVERY OF YOUR NEW VEHICLE. UNBELIEVABLE BUT TRUE! LITTERALLY COME IN, SIGN AND RECIEVE $10,000 AND DON'T HAVE ANY VEHICLE EXPENSE FOR 6 MONTHS. ALL VEHICLES APPLY - HERE ARE A FEW EXAMPLES:

2012 RAM 1500
CREW CAB 4X4 SXT
#121730

$28,798 $159 B/W

WITH $10,000 CASH BACK

SAVE $11,976 INCLUDES FREIGHT & ALL FEES

OWN FOR $219 B/W

2013 WRANGLER
2 DOOR
#130492

$21,988 $125 B/W

WITH $10,000 CASH BACK

SAVE $2,877 INCLUDES FREIGHT & ALL FEES

OWN FOR $195 B/W

2013 DODGE GRAND CARAVAN
#1030358

$20,898 $120 B/W

WITH $10,000 CASH BACK

SAVE $8,450 INCLUDES FREIGHT & ALL FEES

OWN FOR $189 B/W

2012 RAM 2500
CREW CAB 4X4 SLT CUMMINS DIESEL
#121846

$47,988 $291 B/W

WITH $10,000 CASH BACK

SAVE $14,452 INCLUDES FREIGHT & ALL FEES

OWN FOR $349 B/W

RENFREW 77 Years

DODGE CHRYSLER Jeep RAM FIAT

YOUR DOWNTOWN CHRYSLER CONNECTION

RENFREWCHRYSLER.COM

1.888.861.7964

1920 Bow Trail SW

AT THE PUMPHOUSE EXIT

AMVIC Alberta Motor Vehicle Industry Council

TRADES NEEDED - PAID OR NOT!

PROUDLY SERVING ALBERTANS FOR OVER 77 YEARS!

SPRING INTO SAVINGS

PEACE OF MIND
WITH EVERY VEHICLE PURCHASE

2012 CHRYSLER 300 TOURING
#10676

PW, PL KEYLESS ENTRY, ALLOY WHEELS, 22,000 KM

WITH $500 GAS CARD

$149/BW OAC

$21,888

2012 CHRYSLER 300 LIMITED
#10861

3.6L V6, PANORAMIC SUNROOF, HEATED SEATS, LEATHER INTERIOR, BACK UP CAMERA BLUETOOTH, TOUCH SCREEN

$175/BW OAC

$26,888

2012 CHRYSLER 300 HEMI
#10676

5.7L - V8 HEMI, LEATHER INTERIOR, PANORAMIC SUNROOF, NAVIGATION, BLUETOOTH

ONLY 17,000 KM

$188/BW OAC

$28,888

2012 CHRYSLER 300 SRT-8
#10861

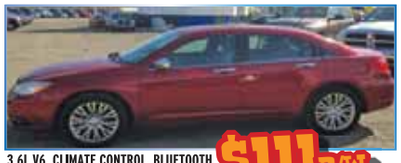
440 HORSEPOWER! ADJUSTABLE SUSPENSION/TRANSMISSION, EVERY OPTION!

2 SETS OF TIRES INCL.

$283/BW OAC

$44,888

2012 CHRYSLER 200 LTD
#10886



3.6L V6, CLIMATE CONTROL, BLUETOOTH LEATHER SEATS

$111 B/W

$16,888 $0 DOWN - OAC

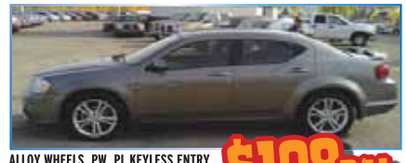
2010 CHRYSLER SEBRING
#10819

2.4L 4 CYL, ONLY 49,000 KM, PW, PL KEYLESS ENTRY

$175 B/W

$12,888 $0 DOWN - OAC

2012 DODGE AVENGER SXT
#10731



ALLOY WHEELS, PW, PL KEYLESS ENTRY POWER SEATS, HEATED SEATS

$109 B/W

$15,888 $0 DOWN - OAC

2007 CHRYSLER SEBRING TOURING SEDAN
#130553A

A/C, ALLOYS, PWR GROUP, V6

$7,000 $0 DOWN - OAC

FRESH TRADE-INS

2010 FORD FOCUS SES
SYNC, LEATHER, SUNROOF, 44,000KM
CALL FOR PRICING!

2010 FORD FUSION SPORT
AWD, LEATHER, SUNROOF
CALL FOR PRICING!

2009 FORD MUSTANG
V6 - AUTO, SHAKER SOUND
CALL FOR PRICING!

2008 HYUNDAI TIBURON GT
V6, LEATHER, SUNROOF
CALL FOR PRICING!

CALL TODAY

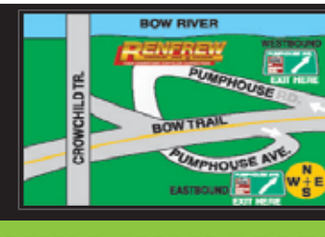
OPEN

MONDAY - THURSDAY 7:30AM - 9:00PM
FRIDAY 7:30AM - 5:30PM
SATURDAY 9:00AM - 5:30PM

SIRIUS SATELLITE RADIO

NEW OAC. Free maintenance is 2 free oil changes in the first 6 months and the free fuel will average around $500 per vehicle (based on the average kilometer driven per month). Max value of gas card is $500. Biweekly payments based on 96 months @4.49%. All rebates and bonus cash to dealers. Vehicle price is plus GST. See Dealer for details. Example of the cost of financing a vehicle at 4.49%, 2013 Dodge Caravan is $4028 or $5949 with $10,000 cash back. Payment relief and 0 down payment are both OAC.

USED *See dealer for details. Payments are based on $0 down and a 96 month term, see dealer for complete details.



TOP DOLLAR FOR TRADES! YES WE CAN FINANCE EVERYONE! 100% FINANCING AVAILABLE!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Johnny Depp. ALL PHOTOS GETTY

Are Depp and Rum Diary co-star Heard back on?

It looks like Johnny Depp and his Rum Diary co-star Amber Heard are back together, as the rumoured couple was spotted hand-in-hand at the Rolling Stones' surprise concert at a small Los Angeles club over the weekend, according to E! News. Depp and Heard were rumoured to be dating shortly after Depp's split with his girlfriend of 14 years, Vanessa Paradis, though reps for both parties have refused to comment on the relationship.

Twitter

@MARLONWAYANS

I feel bad for every chick over 25 in a club ..... Get out of there!!!

@MissKellyO

If there was an award for a twitter member with the worst spelling/typos i would win it!

@mindykaling

It is gorgeous in New York right now, I'm scared I'm going to get swept up and look at real estate here

The Word

Lopez looking to the future as Idol return talks begin

It turns out that it was Jennifer Lopez herself who initiated the talks last week for her to possibly return to American Idol, replacing her replacement, Mariah Carey, according to Radar Online. "J.Lo had her manager, Benny Medina, approach Fox to alert them of her interest in rejoining Idol," a source says. "(Her) twins will enter kindergarten in the fall, and stability is important for them — and J.Lo — at this time. She's looking for possible schools for the kids in Los Angeles at the moment." But the source is quick to point out that it was never Lopez's idea that she be swapped in for Carey this season as a fix for flagging ratings — a plan that was reportedly pursued and then scuttled when Carey's camp threatened legal action. Lopez was only looking to return next year. "If there was a 'secret plot' to replace Mariah, as has been suggested, then it was all Fox," the source says. "J.Lo's approach was about the future, not the present. She's talking about next season." Carey's contract only covers one season of the reality competition.

Clint Eastwood

Ring-less Eastwood adds fuel to marriage woe gossip

Clint Eastwood's latest fashion choice hasn't helped quell rumours that he and wife Dina are on the outs. The 82-year-old actor and director has been spotted around Los Angeles recently without his wedding ring, according to Radar Online. He also went ring-less when he took 16-year-old daughter Morgan to the Coachella music festival two weeks ago. The couple hasn't been photographed together since November 2011, and Dina has reportedly checked herself into a treatment facility because of depression and anxiety brought on by their marital troubles.

Chris Brown and Rihanna

Chris Brown's dad agrees with Rihanna's fans

Rihanna fans aren't the only ones who don't want her and Chris Brown to be an item again. Apparently Brown's own father, Clinton, is against the reunion. "I personally really didn't want him and Rihanna back together," Clinton tells the New York Daily News. "You have to have a balance in a relationship. You have to have someone who is spontaneous but you also have to have someone who is grounded and logical." Still, Clinton admits, there is an obvious appeal to Rihanna. "She's beautiful and successful," he concedes. "You just need that person who will listen to you without judging, who knows what it feels like. If he talks to someone who's not in the business they may not understand."

How yoga can help your run

Fitness. Running isn't just about speed, and this yoga sequence won't make you run faster, but better

ROMINA McGUINNESS
life@metronews.ca

Use your yoga to make you a more complete runner. HANDOUT PHOTO

This is what happens to your body when you run

Running is great cardio, but it's not very well rounded, warns Laura Denham-Jones, who teaches a runner's yoga class at London's top health centre, Triyoga.

"As an exercise that requires you to do a repetitive motion, over and over, some muscles are used more than others. The problem, in the long-term, is that if you have some imbalance in the body, like a weak or tight side or a twist in your pelvis, then you're repeatedly doing that same 'out of synch' motion, which will make things worse. Things like your hips and your hamstrings will get tight," she explains.

While it's not so bad to have some tightness in muscles that are supposed to be strong, you'll need to balance out all the work they do.

Why? To prevent injury, warns Denham-Jones.

"If things get too tight, and you then try and do something like increase your stride, you risk to pull your hamstrings. And it's amazing how reluctant runners can be to take time off from their training when they're hurt."

No, yoga will not make you run faster. If that's what you're after, train harder. But what it does offer is injury prevention through stretching and strengthening the body.

"Recovery is crucial; no one should be training hard seven days a week. Yoga, being a practice that helps to decompress the muscles, will draw attention to any quirks in your body. Restoring muscles back to their original length will enable runners to keep their range of motion and strengthen their body," she adds.

Learning to let go of your ego and toes

Yoga is about respecting the body and not being too egotistical.

"It creates a body awareness whereby, when you notice when something is painful, instead of pushing through in a macho kind of way, you learn to take things easy so that you can nip any injuries in the bud, before they blow up. Another benefit is that, as yoga is done bare foot, you can't rely on shoes to support your ankle and so your muscles are doing all the work and they'll inevitably get stronger. You're also stretching the tendons and increasing, suppleness through the foot," says Denham-Jones.

TENSION RELEASING SEQUENCE

Elongate your muscles, lengthen your stride and increase your range of motion

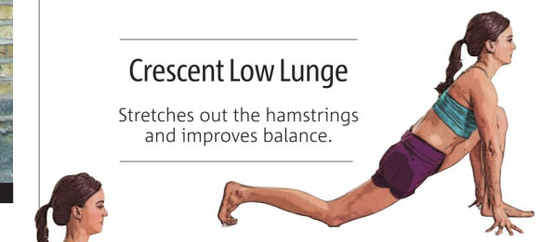
KATHRYN BUDIG, AUTHOR OF THE WOMEN'S HEALTH BIG BOOK OF YOGA

Single Pigeon

Helps to open up the hip flexors and increase range of motion

Crescent Low Lunge

Stretches out the hamstrings and improves balance.



Reclined Big Toe III (with strap)

Stretches the hamstrings, hips, calves and thighs.

Seated Forward Fold (with strap)

Stretches the shoulders, spine and the hamstrings

NEED A RIDE?
Read metrodrive every Wednesday.

Come for the birdies.
Golf. Greenspace. Chaparral Valley.
Chaparral Valley
STARTING FROM THE $400s
Built for real life.
CARDELHOMES.COM
CARDEL HOMES

NOTICE OF HEARING FOR AN APPLICATION FOR A PERMANENT GUARDIANSHIP ORDER

TO: JARVIS TAKES GUN

Take notice that on **Friday, May 3rd, 2013**, at **2:00** o'clock in the forenoon, a hearing will take place in the **Family and Youth Court**, located at Calgary Court Centre, 601 5th Street S.W., in the City of Calgary, in the Province of Alberta. A Director under the Child, Youth and Family Enhancement Act, will make an application for a for a **Permanent Guardianship Order** on a matter in which you are interested. You are requested to be present at the hearing, by order of the Court, your whereabouts being unknown, substitutional service of notice of this hearing was ordered by publication of one notice in this newspaper. You have the right to be represented by legal counsel. An order may be made in your absence in accordance with the practice of the Court.

CONTACT:

JAMIE SPRINGCHIEF CALGARY, ALBERTA
SIKSIKA FAMILY SERVICES 403-272-6004

bodhi
well-being and healing center

We are an authorized center for Pranic Healing in Calgary. It is affiliated to the Canadian Pranic Healers Association in Canada as well as the World Pranic Healing Foundation and the Institute for Inner Studies, Philippines.

Pranic Healing is an ancient science and art of healing introduced by Grand Master Choa Kok Sui in the early 1990's. It is a highly advanced and potent, no touch, and no drug healing modality. In Sanskrit, 'Prana' means life force, which is synonymous with 'Chi' in Chinese or 'Ki' in Japanese.

PRANIC HEALING IS EASY TO LEARN AND APPLY. IT HELPS TO MAINTAIN GOOD HEALTH BY CLEANSING & BALANCEING THE ENERGY BODY.
IT IS BASED ON 2 PRINCIPLE LAWS:
1 Law of self-recovery
2 Law of life-energy

Pranic Healing can be used for treating as well as preventing physical, mental, emotional, and psychological problems. These techniques can be applied collectively in one's day-to-day life, including in maintaining one's relationships, finances, pets, plants and homes. Pranic Healing can also assist in the safe and rapid growth in one's spiritual journey.

WE CONDUCT REGULAR PRANIC HEALING WORKSHOPS & MEDITATION EVENINGS.
FOR MORE INFO PLS CONTACT US AT:
403-918-6225
REJUVENATE@ BODHIWELLBEING.COM
403-452-1469
BODHIWELLBEING.COM

Treating a lazy eye? Research may point to a game of Tetris

Science. Device would make the weak eye do all the visual work in the hope of strengthening it and correcting affliction

Playing a game of Tetris could have a positive effect on the lazy eye.
GRAHAM HUGHES/THE CANADIAN PRESS

Patching has long been used to treat a lazy eye in children, although the therapy has limited success and doesn't work at all in adults with the condition formally known as amblyopia.

Now researchers at McGill University in Montreal are testing an innovative means of improving visual function in adults with lazy eye — a puzzle video game that forces both eyes to work together to overcome the common condition. In a study published Monday in the journal Current Biology, the researchers compared the use of the online video game Tetris with patching, a treatment in which the "good" eye is covered for a lengthy period of time. The idea is to make the weak eye do all the visual work in the hope of strengthening its acuity.

The patients treated using Tetris showed a four-fold improvement in vision in their lazy eye compared with those who were patched, said ophthalmologist Dr. Robert Hess, director of vision research at the McGill University Health Centre and principal investigator of the study.

Tetris is an early video game that involves manipulating shapes made of small squares — moving them side-to-side or rotating them — as they fall to the bottom of a background grid of same-sized squares. The goal is to connect different shaped blocks, putting them together in an integrated whole before they fall to the bottom.

"The game itself is sort of incidental in a way," Hess explained Monday from Montreal. "It just provides us with a platform to administer this training that we need to do in a way that's enjoyable.

"The game itself is not so important as the principle behind how we manipulate the game to do some good."

THE CANADIAN PRESS

Advertisement

Finally A Weight Loss Plan That Works

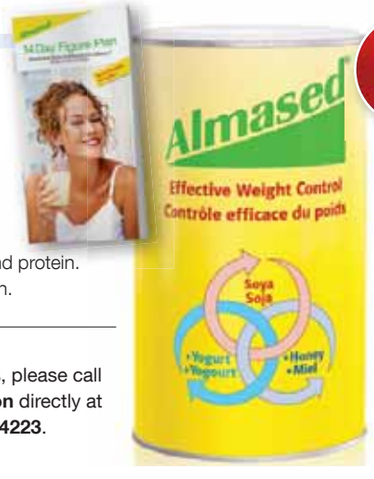
Reduce weight, inches and fat in just 14 days with Almased®

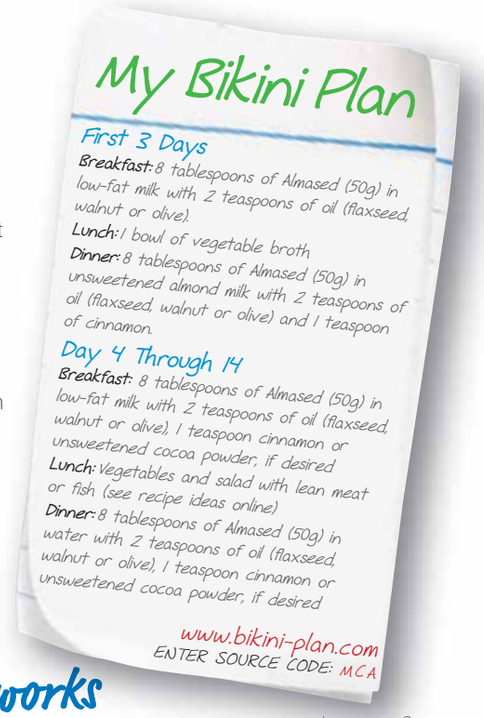
Want a fast, yet safe way to lose weight and look great? Almased offers an effective weight loss solution that boosts energy and preserves muscle mass. Its unique formula is clinically tested to support proper nutrition and quick weight loss. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

Over 10 years of scientific research shows Almased nourishes the body as it stimulates healthy, long-term weight management and overall good health. Maintain a healthy weight, promote a feeling of well-being and retain muscle mass with Almased.

7 Ways Almased works in the body

1. Reduces weight, inches and fat.
2. Retains muscle mass while losing weight.
3. Has metabolism-boosting properties.
4. Keeps blood sugar balanced.
5. Keeps thyroid function balanced.
6. Helps the body to metabolize carbohydrates, fat and protein.
7. Is an antioxidant for the maintenance of good health.




My Bikini Plan
First 3 Days
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive).
Lunch: 1 bowl of vegetable broth
Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
www.bikini-plan.com
ENTER SOURCE CODE: MCA

...simply because it works

To find out what else Almased can do, download your free Figure Plan Guide at www.bikini-plan.com. ENTER SOURCE CODE MCA.

TRUE NORTH nutrition
The New Direction in Health

For retailer inquiries, please call **True North Nutrition** directly at toll free **1-800-261-4223**.

SHOPPERS DRUG MART
SANGSTER'S
nutrition house
MorningSun Health Foods
HEALING ALTERNATIVES HEALTH FOOD STORE
healthstorelocator
www.healthstorelocator.com

With or without Her: A sister's memoir

Christa Parravani.
In her attempts to understand her twin sister's downward spiral, the author follows in her footsteps, losing her marriage and nearly her life

ALISON BOWEN
Metro World News in New York City

In the gripping memoir Her, Christa Parravani describes what it was like to grow up alongside — then lose to a drug overdose — her identical twin.

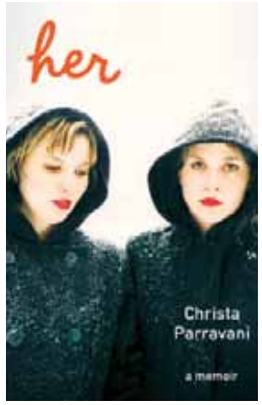
And she begins with a startling statistic: After a twin dies, the surviving twin's life is immediately at risk.

In her attempts to understand her sister's downward spiral (which starts by eating one of her pills, found wedged in a crack on the kitchen floor) she follows in her footsteps, losing her marriage and nearly her life.

She told Metro about using the book as a way to crawl out of that space — to pen the memoir, she incorporated some of her sister's writings, found under her bed in a Tupperware container.

How did you decide when to use Cara's writings?
When something would get really difficult for me — it felt too emotional or I'd gotten to a place where I felt like I couldn't go on because I was exhausted, I was sad or I just kind of plain missed her — I thought, here's the moment to allow Cara into the book.

In the beginning of writing, she was appearing a lot. As time went on and I got more confident in my abilities as a writer and I got further from the grief, I found I needed to rely on her less and less.



Did you make a decision to be so unflinchingly honest?
I wrote the book as if no one would ever read it. It was sort of a love letter to my sister. It was a way to tell her that I loved her and not to be forgotten. In order to write a book that tells truths that are necessary, you have to forget about embarrassing yourself.

Christa Parravani used some of her sister's writing she found in a Tupperware container, in her memoir Her. HANDOUT

Lessons from Boston and Texas

YOUR MONEY
Alison Griffiths
money@metronews.ca

The recent tragedies in Boston and in West, Texas, are reminders that disaster can hit with the speed and force of a tornado.

Similar, if somewhat less dramatic, events happen daily and range from death, divorce and illness to unemployment and acts of God. What these incidents have in common is that they're rarely predictable and usually have financial repercussions.

In light of the two U.S. catastrophes, this might be a good time for readers to take a hard look at their lives. Ask yourself what you appreciate about yours and what you can do to improve things. This isn't about a total makeover, more a gentle review.

Consider the following:

Your abode: What do you like about where you live? Can you improve your quarters? It could be something as simple as a bit of paint, hanging a print on the wall or getting a few cheerful plants. If costs are crushing you perhaps there is an alternative — consider what it might be.

Your job: Do you feel stuck? What aspects are rewarding? If you don't like what you do, are there ways to change it to increase your satisfaction, even if it means less money?

Your commute: I love walking down the hall to work! You might not be so lucky, but for some commuting is actually a source of down time. If you enjoy a few hours of reading the paper on the train or listening to music in your car, remind yourself that this is a positive aspect of each day.

Life outside work: Do you have one? Is there something that feeds your soul and is unrelated to life's many obligations? It doesn't have to be expensive. Small pleasures are often the sweetest.

Spend on what you love: Try to eliminate anything that doesn't reward you. We shell out huge amounts in mindless haste. Ask yourself if spending that dollar really enhances your life.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

RBC Royal Bank

Smaller Debt. Bigger Smile.

Save over $700* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at rbc.com/smile

Or scan here using your mobile device to learn more.

Advice you can bank on™

*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Take the difficulty out of scalloped potatoes in 6 steps

MAIJA MOMENTS
YummyMummyClub.ca

Scalloped potatoes are among my favourite kind of potatoes and are the best starchy side dish to ham.

While I admit this side dish typically takes a bit more effort than your typical Canned Soup Mom recipe, I promise this is a simplified version. And because these potatoes always taste better the next day, you can make them the night before.

1. Wash, peel and thinly slice potatoes.

2. Butter 9 x 13 casserole dish. Layer 1/3 potatoes, 1/3 butter, 1 tbsp flour and 1/3 cheese. Repeat (potatoes, butter, flour, cheese).

3. Follow with final layer of potatoes and top with remaining 1/3 butter.

These scalloped potatoes go great with your favourite entree. MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA

4. In a bowl, mix 2% milk, coarse salt and dried mustard or paprika, and pour over top of potatoes.

Ingredients

- 8-10 medium potatoes (Russet or Yukon Gold are best)
- 1/4 cup cold butter, cut into small squares
- 2 tbsp flour
- 2 cups shredded cheddar cheese, divided (old or medium cheddar is best)
- 2 cups 2% milk
- 1 tsp coarse salt
- 1 tsp dried mustard or paprika

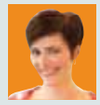
5. Cover with tin foil and bake in preheated 350 F oven for 1 – 1 1/2 hours until potatoes are soft and bubbly. Sprinkle with remaining cheese and bake uncovered for another 15 - 20 minutes.

6. Serve with your favourite entree.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Health Solutions

Digging up health



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Which letter in the alphabet should there be more of? Morels!

Sorry.

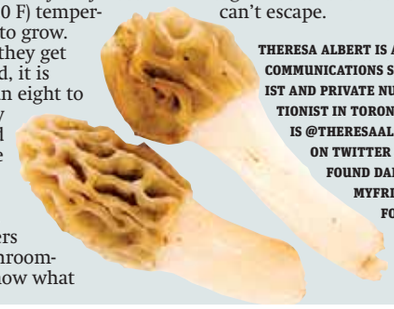
Spring marks the big thaw and the sprouting of luscious things from the earth. Morels come from spores that are carried on the roots of trees and they require loamy, moist soil that is in shade.

Morels tend to come early as they only need a low (50 F) temperature to grow. Once they get started, it is only an eight to 10 day period before they are ready. Hunters and shroomers know what to look for to gather them in the wild, but the novice needs to depend upon farmers markets and grocery stores.

All mushrooms contain trace minerals that fill in the gaps the rest of your diet leaves. Morels serve up vitamin D, copper and iron.

By far the best way to cook them is in a cast iron skillet that has been heated to very high heat. Well rinsed and dried on paper towel, the mushrooms can be added whole after a knob of butter has melted.

Do not crowd the pan. Be sure to let the morels brown rather than steam as they do if they are too close together and the water can't escape.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

It's tax season.
Evade unemployment.

Canada's top four accounting firms hire through us.

When it comes to the best jobs in accounting, we have the numbers. Sign up for Job Alerts and we'll let you know when the right position opens up. Bottom line, we'll help you get hired faster. It's what makes Workopolis Canada's number one job site.

workopolis.com #workopolis

WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending March 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

NHL draft lottery

Last-place Avs will pick first

Finishing last in the Western Conference standings and out of the NHL playoffs paid huge dividends for the Colorado Avalanche on Monday.

Colorado won the NHL draft lottery and the right to make the first pick in this year's entry draft. The Avalanche had an 18.8 per cent chance of winning the lottery after finishing the regular season with a dismal 16-25-7 record.

The Florida Panthers, who finished last overall with a 15-27-6 mark, had the best odds of winning at 25 per cent. But they have to settle for the No. 2 pick when the draft is held June 30 at the Prudential Center in Newark, N.J.

The Avs will have first dibs on Portland Winterhawks defenceman Seth Jones, the No. 1-ranked North American skater, according to the NHL Central Scouting Bureau. The six-foot-four, 206-pound Jones had 14 goals and 42 assists in 61 regular-season games and also helped the U.S. capture the world junior hockey title.

Rick Pracey, Colorado's amateur scouting director, said Halifax Moose-heads forwards Nathan MacKinnon and Jonathan Drouin are both very much in the picture to be selected first overall in what is a very deep talent pool.

The remaining teams, in order of selection, based upon the lottery, are Tampa Bay, Nashville, Carolina, Calgary, Edmonton, Buffalo, New Jersey, Dallas, Philadelphia, Phoenix, Winnipeg and Columbus.

THE CANADIAN PRESS

Former Flames captain Jarome Iginla celebrates a goal with his teammates against the Phoenix Coyotes on Feb. 24. Flames general manager Jay Feaster is looking for ways to improve the team in the wake of the March 27 trade that sent Iginla to Pittsburgh. DEREK LEUNG/GETTY IMAGES

Post-Iginla Flames seek new direction

Playoff miss. Calgary general manager Jay Feaster refuses to call it a 'rebuilding' plan

Calgary Flames general manager Jay Feaster fully expected his club to make the playoffs in 2013.

When it instead became apparent Calgary would miss the post-season for the fourth straight season, Feaster was forced into some tough decisions.

"Obviously we're disappointed with how this season went," Feaster said when he met the media Monday. "It's not acceptable to miss the playoffs for the fourth consecutive season. Obviously with the way things went, we made the difficult decision to change direction prior to the trade deadline (and) get younger players in the lineup."

With the season in ruins, Feaster decided to go the route of a rebuild, trading off long-time captain and face of the franchise Jarome Iginla to the Pittsburgh Penguins, and defenceman Jay Bouwmeester to the St. Louis Blues.

Despite his squad being out of contention and in line for a top draft pick, Feaster still enjoyed seeing the Flames remain competitive to the point where Calgary won three straight games.

While he has admitted that the Flames have changed directions, Feaster has refused to declare that the Flames need to go through a prolonged rebuilding phase.

Feaster also addressed the hot topic of whether veteran goalie Miikka Kiprusoff will return for the final year of his contract or if he'll decide to retire.

"We have to start planning for the day in Calgary where Miikka Kiprusoff will not be our No. 1 goaltender," Feaster said. THE CANADIAN PRESS

Adding fuel to the fire

How boss Jay Feaster plans to improve the Flames:

- **The Draft.** Calgary has three first-round selections and could trade some of them away to move up in the draft or trade picks to add more experienced players.
- **Free Agents.** With Iginla and Bouwmeester now gone, Calgary will have more leverage in a free-agent market that opens on July 5.

Goaltending mystery plagues Canucks

Vancouver goaltender Cory Schneider was injured on April 22 and has not played or practised with the team since. CHRISTIAN PETERSEN/GETTY IMAGES

Vancouver Canucks goaltender Cory Schneider returned to practice Monday, but his status for the first game of the Stanley Cup quarter-finals against the San Jose Sharks remained uncertain.

Schneider was injured April 22 in a win over Chicago, when he played the whole game without any apparent discomfort. He had not practised with the team since then and missed Vancouver's final two regular-season games, but worked out briefly with an assistant coach Sunday.

Coach Alain Vigneault reiterated that Schneider's status remains day-to-day. Many hockey observers had speculated that the 27-year-old netminder was not injured. But Schneider said his undisclosed ailment prevented him from playing.

"It was a day-to-day injury, and I had to take some time off," said Schneider.

Schneider declined to elaborate on the nature of the injury, but said he was recovering hopes to play against the Sharks at some point.

Meanwhile, backup Roberto Luongo, who has tried to say and do all the right things all season long since an expected off-season trade did not come through, apologized for ducking reporters after a 7-2 loss in Edmonton on Saturday.

"It was better for me to sit on the bus than to say some things that I would have regretted," Luongo said.

Luongo would get the start on Wednesday if Schneider is not ready. THE CANADIAN PRESS

What's up, doc?

Crosby says he won't play until given green light

Penguins star Sidney Crosby practised Monday but his status remains uncertain for Wednesday's playoff opener against the New York Islanders.

Crosby hasn't played since breaking his jaw a month ago, missing Pittsburgh's final 12 games of the regular season. He underwent dental procedures and was cleared to return to non-contact drills last week. Crosby says he'll see doctors again Tuesday and will not play until he is given clearance.

The Penguins thrived in his absence, going 8-4 without their captain while locking up the top seed in the Eastern Conference.

Crosby still finished tied for third in the NHL in scoring despite missing a quarter of the season. He had 15 goals and 41 assists in 36 games.

THE ASSOCIATED PRESS

The wild West's big guns

From former Stanley Cup champions to stars looking to push their teams over the hump, here are five Western Conference players to watch in the post-season:

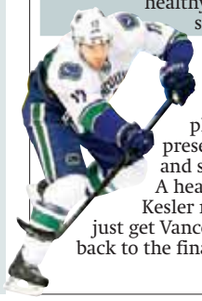
THE CANADIAN PRESS
Photos by Getty Images

Jonathan Toews

The anchor of the Blackhawks showed again this season why he is one of the NHL's elite. The captain is a natural leader who guided Chicago to the top of the overall standings. Toews maintained his usual point-a-game pace this year and helped Chicago become a favourite to win the Stanley Cup.

Ryan Kesler

The Canucks have a much different look when Kesler is in the lineup. He has battled foot, shoulder and elbow problems over the past year, but when healthy, adds some real punch with his physical presence and scoring. A healthy Kesler might just get Vancouver back to the final.



Ryan Getzlaf

The Anaheim forward didn't coast after signing a lucrative long-term contract extension mid-season. Getzlaf averaged more than a point a game and helped the Ducks to the Pacific Division title. He also knows what it takes to win. Getzlaf led the Ducks to a Stanley Cup in 2007 and added Olympic gold for Canada three years later.

Chris Stewart

St. Louis doesn't have a lot of household names on the roster — just a lot of solid players who get the job done. Stewart has stepped up to become one of the leaders on a team that is no pushover. He has come into his own with the Blues and led the team in scoring.

Jonathan Quick

The young goalie stole the show last year and guided the Kings all the way to a Stanley Cup. His numbers are down a bit this season but he's quite comfortable in the post-season spotlight. Quick posted three shutouts and had a sparkling 1.41 goals-against average in last year's playoffs.

Drama surrounds Leafs with playoff action looming

Tyler Bozak hardly practised, Phil Kessel didn't speak and Nazem Kadri crashed the net, literally.

The playoffs haven't started yet, but already there is no shortage of storylines surrounding the Maple Leafs.

Toronto (26-17-5) makes its long-awaited return to the post-season on Wednesday in Boston, with coach Randy Carlyle declaring the fifth-seeded Leafs the underdog against the fourth-seeded Bruins.

General manager Dave Nonis, who called the Bruins well-managed, well-coached and incredibly deep, agreed that Boston (28-14-6) enters the series as a favourite.

"I don't think that that means anything," he added. "You can term a team the underdog, but you have to play the games."

While both men talked up Boston's qualities, they also like their chances.

Carlyle was more concerned about his team than the Bruins, saying the Leafs have to get back to playing their style of hockey — skating, forechecking, getting out of the defensive zone and relying on their special teams.

Do that, and the Leafs are hard to beat.

"We feel we can go into any building and have a chance for success," Carlyle said. "And I don't know if you could say that before."

Added goalie James Reimer: "We know that if we do everything right, then we have a good chance against them."

Not all the pieces may be in place, however.

On the ice, Bozak was the first to the dressing room at the Leafs' training centre Monday.

He has missed the past two games with an upper-body injury. Bozak skated alone before his teammates came out and gingerly tried some shots. He left some 10 minutes into the team practice.

Carlyle called him day-to-day. Nonis hoped for the best.

"It's our expectation that he's going to be ready for Wednesday," said the GM.

There were some anxious moments when Kadri, who has taken Bozak's place on the top line, went flying into the goal on a drill. Kadri grimaced as he got up. He continued, although he paused to have a trainer slap a bandage near his hip.

Kessel kept some three dozen reporters waiting for 20-plus minutes after practice before one of the team's public-relations officials said the winger had declined to speak.

THE CANADIAN PRESS

Tyler Bozak leads a group of Leafs skaters at practice on Monday. Bozak left practice after about 10 minutes with an undisclosed injury. Toronto travels to Boston for Game 1 of their first-round series on Wednesday night.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Senators-Canadiens. New rivalry on the rise?

A tough battle awaits Montreal against the Ottawa Senators in the NHL playoffs, but the Canadiens will gladly take it after what happened last year.

The Canadiens were dead last in the Eastern Conference a year ago and by late April were well into their off-season routines. Now they face a best-of-seven first-round series against their closest geographical rival.

"It's tough when you finish in 15th place," defenceman P.K. Subban said on Monday. "Some guys are going home right now and some are going to the world championship.

"Some are going to start training in another week and a half. We're still playing hockey. We're privileged to do that."

The Senators are also looking forward to a first meeting with Montreal.

"They have a pretty good team over there," said goalie Craig Anderson. "They have come a long way all year and they found a way to win the division, especially after having a sub-par year last year, so they are definitely feeling good about themselves."

The Canadiens ended up second in the conference when the Senators knocked off the Bruins 4-2 in Boston on Sunday night in a game postponed by the Boston Marathon bombing two weeks ago.

Quoted

"Erik's a great player and I'm sure he'd say the same thing — this series isn't going to be decided by two players."

Canadiens defenceman P.K. Subban on Senators blue-liner Erik Karlsson.

The series gets underway at Bell Centre on Thursday night.

It isn't likely to be the most physical series, but should be a close one between two skilled clubs who each went 2-1-1 against the other this season.

However, the Senators were missing four key elements for much of the season in Anderson and defencemen Erik Karlsson and Jared Cowen — who all recently returned to the lineup — and still-sidelined centre Jason Spezza.

Karlsson emerged as a star last season when he won the Norris Trophy and his return from an ugly skate cut is a huge boost to Ottawa's attack, especially on the power play.

In his absence, Subban has become a Norris candidate with 11 goals and 38 points in 41 games. THE CANADIAN PRESS

The beasts of the East

After a truncated 48-game regular season, the National Hockey League playoffs are about to begin. Here are five Eastern Conference players to watch in the post-season:

THE CANADIAN PRESS

Photos by Getty Images

Evgeni Malkin

Pittsburgh finished first in the East despite injuries to several top players, including Malkin, Sidney Crosby and James Neal. Malkin, who nursed an upper-body injury late in the season, is usually a playoff point machine. He had a whopping 36 points in 24 games during Pittsburgh's run to the Stanley Cup in 2009.

Erik Karlsson

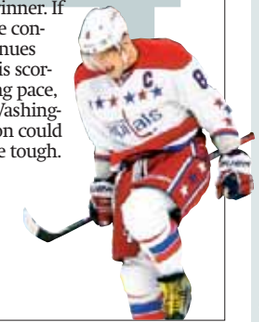
Ottawa's star blue-liner missed 31 games with an Achilles tendon injury but had an immediate impact upon his return. He assisted on both goals in a 2-1 win over Washington that clinched a playoff spot for Ottawa. If Karlsson is his usual self, the Senators may keep up their surprising ways.

James Reimer

The young goalie is a big reason the Maple Leafs broke their playoff drought. He handled the starting job with aplomb this season, despite rumours that Toronto was seeking an upgrade. Reimer's steady play gave the Leafs a much-needed confidence boost and has Toronto primed for some long-awaited playoff hockey.

Alex Ovechkin

After a sluggish start to the season, Ovechkin carried the Capitals to the Southeast Division title. The Capitals have fewer points than some teams below them in the standings but get the No. 3 seed as a division winner. If he continues his scoring pace, Washington could be tough.



P.K. Subban

The young defenceman has helped turn Montreal into contenders again. Subban is averaging nearly a point a game and logs plenty of ice time. He's also not afraid to throw his weight around. Subban is known for the energy and excitement he brings to the Canadiens.

NBA

Lopez helps Nets force Game 6

Brook Lopez had 28 points and 10 rebounds, Deron Williams added 23 points and 10 assists, and the Brooklyn Nets beat Chicago 110-91 on Monday night, cutting the Bulls' lead to 3-2 in their first-round playoff series.

Andray Blatche scored 10 of his 13 points in the fourth quarter and Gerald Wallace had consecutive baskets down the stretch as the Nets finally pulled away in a game they led most of the way, but never by too much.

Two days after rallying for a 142-134 triple-overtime victory, the Bulls were outscored 15-1 down the stretch and failed to set up a second-round series with Miami. Instead they will host Game 6 on Thursday.

Nate Robinson had 20 points and eight assists starting in place of point guard Kirk Hinrich, who bruised his left calf in Saturday's game.

THE ASSOCIATED PRESS

NBA veteran centre Collins comes out as gay

With the simplest of sentences, NBA veteran Jason Collins set aside years of worry and silence to become the first active male player in one of four major U.S. professional sports leagues to come out as gay.

In a first-person article posted Monday on Sports Illustrated's website, Collins begins: "I'm a 34-year-old NBA centre. I'm black. And I'm gay."

Collins has played for six teams in 12 seasons, most recently as a reserve with the Washington Wizards after a trade from the Boston Celtics. He is now a free agent and wants to keep playing.

"I wish I wasn't the kid in the classroom raising his hand and saying, 'I'm different,'" Collins writes. "If I had my way, someone else would have already done this. Nobody has, which is why I'm raising my hand."

Saying he had "endured years of misery," Collins immediately drew support for his announcement from the White House, the NBA, current and former teammates and athletes in other sports.

Los Angeles Lakers star Kobe Bryant tweeted that he was proud of Collins, writing: "Don't suffocate who u r because of the ignorance of others."

"We've got to get rid of the shame. That's the main thing. And Jason's going to help that. He's going to help give people courage to come out," said Billie Jean King, a member of the International Tennis Hall of Fame who confirmed she was gay in the early 1980s.

Washington Wizards centre Jason Collins rebounds against the Bulls on April 17 in Chicago. GETTY IMAGES

D.C. applauds Collins

The White House is commending Collins for his decision to come out as gay.

- First Lady Michelle Obama took to Twitter Monday: "So proud of you, Jason Collins! This is a huge step forward for our country. We've got your back!" the tweet read.
- White House spokesman Jay Carney called the decision courageous and says he hopes Collins' colleagues will offer support.

The Wizards issued a statement from President Ernie Grunfeld: "We are extremely proud of Jason and support his decision to live his life proudly and openly. He has been a leader on and off the court and an outstanding teammate throughout his NBA career. Those qualities will continue to serve him both as a player and as a positive role model for others of all sexual orientation."

THE ASSOCIATED PRESS

NBA PLAYOFFS

CONFERENCE QUARTER-FINALS

(Best-of-7; All Times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS MILWAUKEE (8)
(Miami wins series 4-0)
Sunday's result
Miami 88 Milwaukee 77
NEW YORK (2) VS BOSTON (7)
(New York Leads 3-1)
Wednesday's game
Boston at New York, TBA
INDIANA (3) VS ATLANTA (6)
(Series tied 2-2)
Monday's result
Atlanta 102 Indiana 91
BROOKLYN (4) VS CHICAGO (5)
(Chicago leads series 3-2)
Monday's result
Brooklyn 110 Chicago 91

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS HOUSTON (8)
(Oklahoma City leads series 3-0)
Monday's result
Oklahoma City at Houston
SAN ANTONIO (1) VS L.A. LAKERS (7)
(San Antonio wins series 4-0)
DENVER (3) VS GOLDEN STATE (6)
(Golden State leads series 3-1)
Sunday's result
Golden State 115, Denver 101
Tuesday, April 30
Golden State at Denver, 8 p.m.
L.A. CLIPPERS (4) VS MEMPHIS (5)
(Tie 2-2)
Tuesday's game
Memphis at L.A. Clippers, 10:30 p.m.

NHL

STANLEY CUP PLAYOFFS

CONFERENCE QUARTER-FINALS

(Best-of-7)

EASTERN CONFERENCE

PITTSBURGH (1) VS. N.Y. ISLANDERS (8)
Wednesday's game
NY Islanders at Pittsburgh, 7:30 p.m.
Friday's game
NY Islanders at Pittsburgh, 7 p.m.
MONTREAL (2) VS. OTTAWA (7)
Thursday's game
Ottawa at Montreal, 7 p.m.
Friday's game
Ottawa at Montreal, 7 p.m.
WASHINGTON (3) VS. N.Y. RANGERS (6)
Thursday's game
NY Rangers at Washington, 7:30 p.m.
Saturday's game
NY Rangers at Washington, 12:30 p.m.
BOSTON (4) VS. TORONTO (5)
Wednesday's game
Toronto at Boston, 7 p.m.
Saturday's game
Toronto at Boston, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)
Tuesday's game
Minnesota at Chicago, 8 p.m.
Friday's game
Minnesota at Chicago, 9:30 p.m.
ANAHEIM (2) VS. DETROIT (7)
Tuesday's game
Detroit at Anaheim, 10:30 p.m.
Thursday's game
Detroit at Anaheim, 10 p.m.
VANCOUVER (3) VS. SAN JOSE (6)
Wednesday's game
San Jose at Vancouver, 10:30 p.m.
Friday's game
San Jose at Vancouver, 10 p.m.
ST. LOUIS (4) VS. LOS ANGELES (5)
Tuesday's game
Los Angeles at St. Louis, 8 p.m.
Thursday's game
Los Angeles at St. Louis, 9:30 p.m.
x — played only if necessary.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	18	7	.720	—
Baltimore	15	10	.600	3
New York	15	10	.600	3
Tampa Bay	12	13	.480	6
Toronto	9	17	.346	9½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	14	10	.583	—
Kansas City	13	10	.565	½
Minnesota	11	11	.500	2
Cleveland	10	13	.435	3½
Chicago	10	14	.417	4

WEST DIVISION

	W	L	Pct	GB
Texas	16	9	.640	—
Oakland	14	12	.538	2½
Seattle	11	16	.407	6
Los Angeles	9	15	.375	6½
Houston	8	18	.308	8½

Monday's results
Houston 9 N.Y. Yankees 1
Detroit 4 Minnesota 3
Cleveland 9 Kansas City 0
L.A. Angels at Oakland
Baltimore at Seattle
Tuesday's games
All times Eastern
Houston (Humber 0-5) at N.Y. Yankees (Kuroda 3-1), 7:05 p.m.
Minnesota (Worley 0-3) at Detroit (Verlander 2-2), 7:05 p.m.
Boston (Lester 4-0) at Toronto (Morrow 0-2), 7:07 p.m.
Philadelphia (Halladay 2-2) at Cleveland (McAllister 1-3), 7:10 p.m.
Chicago White Sox (Quintana 2-0) at Texas (Darvish 4-1), 8:05 p.m.
Tampa Bay (Cobb 3-1) at Kansas City (Shields 1-2), 8:10 p.m.
L.A. Angels (Richards 1-1) at Oakland (Parker 0-4), 10:05 p.m.
Baltimore (Hammel 3-1) at Seattle (Maurer 2-3), 10:10 p.m.

NATIONAL LEAGUE

Monday's results
Atlanta 3 Washington 2
N.Y. Mets at Miami
Chicago Cubs 5 San Diego 3
Milwaukee 10 Pittsburgh 4
Cincinnati 2 St. Louis 1
San Francisco at Arizona
Colorado at L.A. Dodgers.

NISSAN
Innovation that excites

ALL NEW. ALL NISSAN.
PRESENTING OUR NEWEST, MOST FUEL EFFICIENT LINE-UP. EVER.

AT SUNRIDGE NISSAN, WE SPEAK CANTONESE, MANDARIN, ITALIAN, PUNJABI, HINDU AND URDU!

★ 0% FINANCING AVAILABLE UP TO 84 MONTHS! SEE DEALER FOR DETAILS ★

$10,000 CASH GIVEAWAY
CHANCES OF WINNING ARE EXTREMELY HIGH
GUARANTEED WINNER ANNOUNCED MAY 1ST!
FOR DETAILS, VISIT CASH.SUNRIDGENISSAN.COM

FIRST TIME BUYER PROGRAM
NEWBUYER.SUNRIDGENISSAN.COM
• NO CO-SIGNER REQUIRED
• NO CREDIT REQUIRED
• 0% FINANCING
• $500 DOWN

19 REMAINING!
2013 PATHFINDER SL PREMIUM PACKAGE
WAS: $42,518
NOW: $40,315
$246 B/W*4
CVT auto, power liftgate, back up camera and sensors, Bluetooth, heated steering wheel, satellite radio, heated first & second row seating, leather interior
SN644647

137 REMAINING!
2013 ROGUE S AWD
WAS: $28,528
NOW: $24,528
$309 /MONTH*2
AWD, rear back up sensors, ABS, Bluetooth, pwr windows/door locks, keyless entry
130179

31 REMAINING!
2013 JUKE SV
WAS: $21,693
NOW: $19,693
$140 B/W*5
6 speed manual, FWD, 1.6L turbo, 17" alloys, Bluetooth, power windows/doors, and traction control
130126

56 REMAINING!
2013 ALTIMA S 2.5
WAS: $26,593
NOW: $24,593
$310 /MONTH*3
CVT Auto, heated mirrors, traction control and ABS, Bluetooth
130071

SPRING SERVICE SPECIALS
CALL NOW TO BOOK! 403-207-2466
TIRE MOUNT & BALANCE $89.95 OR GET IT FREE WHEN YOU BUY 4 TIRES!
ALIGNMENT CHECK $19.95 WINTER TIRE SWAP $29.95 ALIGMENT $109.95
GET $25 OFF YOUR NEXT SERVICE!
*RESTRICTIONS APPLY. SEE DEALER FOR FULL DETAILS

! PRICE DROP
CHECK OUT TODAY'S ONLINE EXCLUSIVE DISCOUNTED VEHICLE! HURRY, BEFORE IT'S SOLD!
// CHECK OUT OUR MANAGERS SPECIALS
SPECIALS.SUNRIDGENISSAN.COM

SUNRIDGENISSAN.COMSUNRIDGENISSAN.COMSUNRIDGENISSAN.COMSUNRIDGENISSAN.COMSUNRIDGENISSAN.COM

SUNRIDGE NISSAN
403-291-2626
SUNRIDGENISSAN.COM
3131 32 Ave NE, Calgary, AB

*PAYMENTS OVER 96 MONTHS AT 5.99%. 0 DOWN. *2 PAYMENTS OVER 60 MONTHS AT .9%. $500 DOWN. *3 PAYMENTS OVER 60 MONTHS AT 1.9%. $500 DOWN.
*4 PAYMENTS OVER 96 MONTHS AT 4.99% W/$1,000 DOWN. *5 PAYMENTS OVER 84 MONTHS AT 2.9% W/$500 DOWN

Jays not pushing panic button yet

April fools? Toronto GM Anthopoulos insists his team will rebound from woeful start

Toronto Blue Jays third baseman Brett Lawrie reacts after his team's 7-0 loss to the Chicago White Sox on April 17. RENE JOHNSTON/TORSTAR NEWS SERVICE

No team in the past 10 seasons has started as poorly as the Blue Jays have this year and still made the playoffs.

Yet GM Alex Anthopoulos is confident his club can turn its slow start around and contend come September.

"There's no question — we'll go on a run," he said Sunday in New York before his club's fourth straight loss. "We'll get hot and everyone is going to get excited again."

It's still early, but if the Jays hope to turn their season around they had better do it fast. They already are at risk of digging themselves a hole from which it will be too difficult to climb.

With Sunday's loss to the Yankees, their 17th of the season and 10th in their last 13 games, the Jays tied the record for the second-worst April in franchise history.

If they lose on Tuesday against the red-hot Boston Red Sox, they will join Carlos Tosca's 2003 version for the worst opening month in Jays history.

More discouraging to the club's playoff hopes is the lack of precedent for turning around an April as bad as theirs. Five teams from the past 10 years have reached the postseason after losing 15 games in the first month. None, however, has done so after losing more than that, nor after falling eight games below .500 as the Jays have. Major League Baseball's expanded playoff format has been around for only one season, though, so perhaps the Jays can break the trend.

As R.A. Dickey pointed out on Sunday, the good news is it has only been one month and there are another five to go. For the Jays to reach 93 wins — last year's benchmark for the second AL wild-card — they will have to go 84-52 in the remaining 136 games. Difficult, but certainly not impossible.

Anthopoulos is right to point out that many of the Jays' wonky numbers will even out in time, and that will lead to more wins. Twenty-six games is a tiny sample from which to make predictions or draw conclusions. At the same time, after a disastrous 1-6 road trip, a sense of urgency has quickly grown.

TORSTAR NEWS SERVICE

Bird droppings

Why the Blue Jays struggle:

- **Poor Pitching.** Combined, R.A. Dickey, Brandon Morrow, Mark Buerhle, Josh Johnson and J.A. Happ have posted a horrid 5.26 ERA, an MLB fourth-worst.
- **Weak Offence.** The loss of Jose Reyes has impacted Toronto's ability to get runners on base. Many of their 33 home runs have been solo shots.
- **Sloppy Defence.** Tied for second worst in the AL with 16 errors, and a sad league-leading 10 throwing errors have hurt.

MLB

Fielder's homer sends Tigers to win

Prince Fielder's towering three-run homer in the sixth inning put Detroit ahead, and the Tigers held on Monday night for their fourth straight win, 4-3 over the Minnesota Twins.

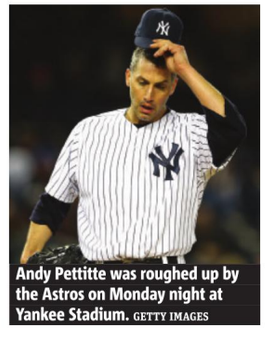
Detroit trailed 3-1 when Andy Dirks reached on a bunt single and Miguel Cabrera walked. Fielder hit the first pitch over the wall in left-centre for an opposite-field homer.

THE ASSOCIATED PRESS

MLB. Astros put hurt on Yankees in New York

Carlos Corporan homered among his four hits and drove in four runs, Brandon Barnes three hits and three RBIs, and the Houston Astros fit comfortably into the role of a slugging American League squad Monday night in a 9-1 romp over the New York Yankees.

In their first game in the Bronx as an AL team, the Astros peppered Andy Pettitte for 10 hits and seven runs, both season highs for the lefty. THE ASSOCIATED PRESS


Andy Pettitte was roughed up by the Astros on Monday night at Yankee Stadium. GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
Sometimes it is right to be selfish and this is one such occasion. Put your own needs first today and don't worry that some people might not like it. What matters is that your efforts are for your benefit.

♉ Taurus
April 21 - May 21
Make an effort to see the good in people rather than the bad today. There is a piece of the divine spark in every human being, though sometimes you have to dig deep to find it.

♊ Gemini
May 22 - June 21
You may be the life of the party most of the time, but you need your private moments too and you definitely need some time and space to yourself today. Keep in touch with the inner you, the real you.

♋ Cancer
June 22 - July 23
Look at your life as it is, think of your life as you want it to be then start working on things that will take you from here to there by the straightest line and in the quickest time.

♌ Leo
July 24 - Aug. 23
Don't follow the herd. Some people like their lives to be predictable and boring but that isn't for you. You're a Leo and Leos were born to be creators — and lovers too.

♍ Virgo
Aug. 24 - Sept. 23
Don't worry about how you are going to reach your long-term goals. Cosmic activity in the sympathetic sign of Taurus is guiding you in the right direction and protecting every step you make. Believe it.

♎ Libra
Sept. 24 - Oct. 23
Your mind is full of big ideas at the moment but do you have the necessary talent to do something with them? Of course you do. Select one major aim for the month of May and work on it every single day.

♏ Scorpio
Oct. 24 - Nov. 22
You may be tempted to go back on something you decided to do because the going is tougher than you expected but that would be a mistake. The toughest part will be followed by the easiest part.

♐ Sagittarius
Nov. 23 - Dec. 21
Just because you are working harder than ever does not mean you will accomplish more. In fact, if the planets are to be believed, you are on the point of exhausting yourself for no good reason.

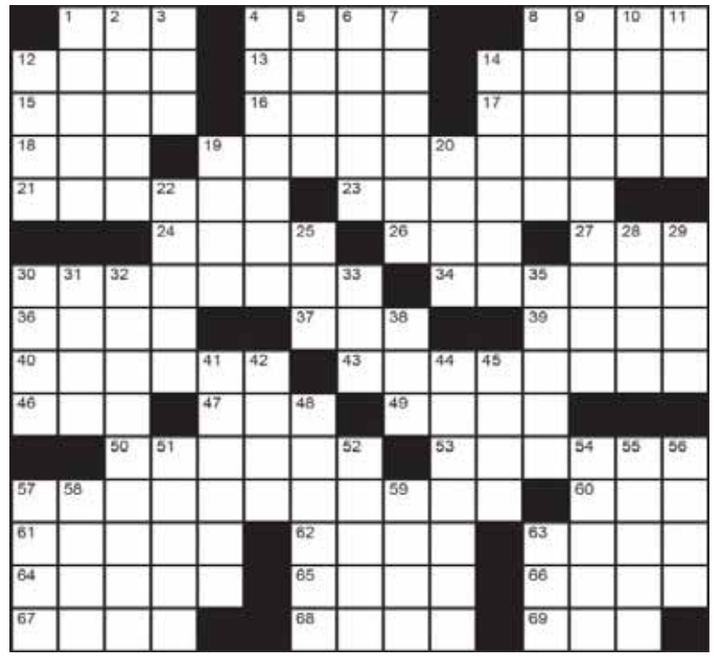
♑ Capricorn
Dec. 22 - Jan. 20
Everyone needs rules to live by but that does not mean you have to follow someone else's rules, especially if they don't feel right to you. Make your own rules today and be brave enough to live by them.

♒ Aquarius
Jan. 21 - Feb. 19
You feel a bit out of touch at the moment. The prevailing mood among your friends is different to what you feel. So what? The world is big enough for all sorts of feelings.

♓ Pisces
Feb. 20 - March 20
Try not to complicate matters today. There are no hidden meanings or motives in what other people say and do, so stop worrying. **SALLY ROMPTON**

Crossword: Canada Across and Down

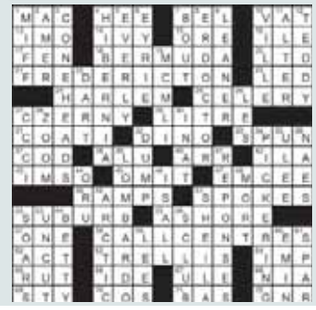
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Crash Test Dummies song, when repeated
4. "Phooey!" [pl.]
8. House: Spanish
12. Frolic
13. Parkay, for one
14. Type of mil. mission
15. Once, poetically
16. Actor, __ Patrick Harris
17. Brit singer Mr. John
18. Univ. web address word, sometimes
19. Midnight, April 30th: 2 wds.
21. Bow
23. "Whose Line Is It Anyway?" specialty
24. Medium, on a label
26. Toronto Raptors org.
27. Medit. locale
30. Canadian History: Farmer of New France
34. Rustling sounding
36. Old†Testament book after Genesis, for short
37. Figure skater Ms. Babilonia
39. Ancient portico
40. Sources of strength
43. Sherlock Holmes sidekick: 2 wds.
46. Mode's intro: 2 wds.
47. 'Human' suffix
49. New Zealand fruit
50. Canadian ice dancing champs, Tessa __ & Scott Moir
53. Tortilla treats
57. "The Kids in the Hall" character: 2 wds.
60. Li'l baseball official
61. WWII Riveter
62. Prefix with 'globin'
63. Prefix to 'dextrous'
64. Vows-exchanging spot
65. From square one
66. Filth
67. "__ Girls" (2004)
68. Mr. von Sydow's on
69. 'Conc' completer (Acknowledge defeat).

Down
1. Tuesday: French
2. Canadian fast food chain: 2 wds.
3. Shopping estab.
4. Western series Ottawa-born actor Lorne Greene starred
5. Author Mr. Haley
6. Swiss character in literature
7. Seriously sincere
8. Yo-Yo Ma's instrument
9. Protest participants, perhaps
10. Coming __ to a theatre near you...
11. Ms. Hathaway
12. Scornful look
14. Sketch again
19. "Hop __ __!" (Move!)
20. Some police alerts, for short
22. Where the hit song (usually) wasn't, __ __
25. 'Differ' suffix
28. "Vamoose!"
29. Meg of movies
30. "__ _ Rebel" by The Crystals
31. Botanical leaf-to-stem angle
32. Cape __, Nfld.
33. Smidgen
35. 'Real' suffix
38. Bother
41. Employee
42. Locale
44. Microsoft operating system
45. Out
48. Lena of HBO's "Girls"
51. 'Beaut' suffix
52. Nina Dobrev's "The Vampire Diaries" dual role, __/Katherine
54. Sauna-like weather
55. Darker-to-lighter highlights
56. BBQ rod
57. Study hard
58. Courtney Love band
59. Charge card, commonly
63. 'Block' suffix

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8	5		7				1	3
3	6		1		4	2		
		7			5			8
5						6	2	
6			2		1			9
	9	1						5
7			5			1		
		8	4		2		7	6
9	2				7		8	4

Yesterday's Sudoku

7	8	5	6	2	1	3	9	4
6	9	3	8	5	4	7	2	1
4	2	1	9	7	3	6	8	5
8	1	6	4	3	9	2	5	7
2	3	7	1	8	5	4	6	9
9	5	4	7	6	2	1	3	8
1	4	2	3	9	8	5	7	6
5	7	8	2	1	6	9	4	3
3	6	9	5	4	7	8	1	2

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 0° MIN: -5°	MAX: 9° MIN: -4°	MAX: 17° MIN: 5°

BT BREAKFAST TELEVISION
ANDREW SCHULTZ
METEOROLOGIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

Spring Special
MAY 3RD - JUNE 6TH, 2013
WATERTON.CA
WATERTON LAKES NATIONAL PARK
BAYSHORE INN RESORT & SPA
$89.50/pp** Includes Dinner & Breakfast BASED ON DOUBLE OCCUPANCY
TOLL FREE 1.888.527.9555
BAYSHOREINN.COM
WATERTON GLACIER SUITES
$89.50/pp** Includes Dinner & Breakfast BASED ON DOUBLE OCCUPANCY
TOLL FREE 1.866.621.3330
WATERTONSUITES.COM
*Excluding Saturday nights & long weekends. **Per person based on double occupancy. Tax & gratuities extra. Based on availability.

NOW

25% off
almost everything

It's time for you to get something beautiful and brand new.

With very few exceptions, every dress, every collection, every new spring thing is **25% off only until - May 5.**

Shop NOW and save!

www.blus.com

BANKERS HALL - SOUTHCENTRE

BLU'S